



Grilled Sweet Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients



8 servings salt and pepper to taste



4 large onions sweet



8 servings herb vinaigrette fresh

Equipment

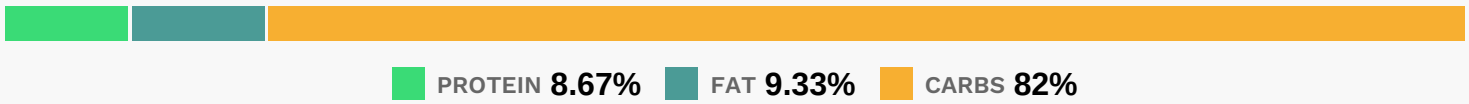


grill

Directions

- ☐
- Preheat grill to 350 to 400 (medium-high).
- ☐
- Cut onions into 1/2-inch-thick slices.
- ☐
- Brush with 2 Tbsp. Fresh Herb Vinaigrette. Grill onions, covered with grill lid, 10 minutes on each side or until crisp-tender.
- ☐
- Sprinkle with salt and pepper to taste.
- ☐
- Serve with remaining Fresh Herb Vinaigrette, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:3.48565220436%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 57.45kcal (2.87%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.03g (4.01%), Sugar: 8.33g (9.26%), Cholesterol: 0mg (0%), Sodium: 207.04mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin B6: 0.22mg (10.76%), Vitamin C: 7.94mg (9.63%), Folate: 38.06µg (9.52%), Manganese: 0.13mg (6.31%), Fiber: 1.49g (5.96%), Potassium: 197.07mg (5.63%), Copper: 0.09mg (4.64%), Vitamin B1: 0.07mg (4.52%), Phosphorus: 44.69mg (4.47%), Magnesium: 14.9mg (3.72%), Calcium: 33.22mg (3.32%), Iron: 0.43mg (2.4%), Vitamin B2: 0.03mg (1.95%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.22mg (1.44%), Vitamin K: 1.48µg (1.41%), Selenium: 0.84µg (1.21%), Vitamin B3: 0.22mg (1.1%)